
EFFECT OF YOGASANA ON PHYSICAL FITNESS VARIABLES



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Abstract:

The main objective of the study was to find out the effect of yogasanas on physical fitness variables. 30 men students studying in the Department of Physical Education were randomly selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogasanas for three days per week for twelve weeks. Group II acted as control that did not undergo any special training programme apart from their regular physical education programme. The following variables namely strength endurance and flexibility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The Analysis of Covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'f' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference yogasanas group and control group on selected criterion variables such as strength endurance and flexibility. It was found that there was a significant improvement on selected subjects due to yogasanas.

Keywords: Yogasana Selected Physical Fitness Variables & Physical Education Students.

Introduction:

Yoga has a complete message for humanity. It has a message for the human mind and it has also message for the human soul with intelligence and capable youth came forth to carry this message to every individual not only in India, but also in every part of the world. Yogasanas are simple actions for keeping the internal and external parts of the body in good health. No activity can be performed well so long as the internal and external parts of the body are not in good health. The body and the mind or closely inter related. The art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

Objective of the Study:

- The Objective of the Study was to know the Effect of Yogasana on Physical Fitness Variables.

Methodology:

The objective of the study was to find out the effect of yogasanas on physical fitness variables such as: strength endurance and flexibility. To achieve this purpose of the study 30 students studying in the Department of Physical Education were selected on the basis of Random Sampling Method. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogasanas for three days per week for twelve weeks. Group II acted as control that did not undergo any special training programme apart from their regular physical education programme. The following variables namely strength endurance and flexibility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The 0.05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate.

Statistical Analysis of the Data:

Table No- I
Analysis of Covariance of the Data on Strength Endurance of Pre and Post Tests Scores of Yogasana and Control Groups

Test	Yogasana group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained ‘F’ Ratio
Pre Test							
Mean	20.4	19.8	Between	0.004	1	0.004	0.032
S.D.	1.12	1.24	Within	3.52	28	0.125	
Post Test							
Mean	24.5	20.1	Between	119.56	1	119.56	52.67*
S.D.	1.01	1.22	Within	63.56	28	2.27	
Adjusted Post Test							
Mean	24.3	19.9	Between	117.69	1	117.69	37.48*
			Within	84.72	27	3.14	

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.215 respectively)

The table no- I show that the adjusted post-test mean values of yogasanas group and control group are 24.3 and 19.9 respectively. The obtained “f” ratio of 37.48 for adjusted

post-test means is greater than the required table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on strength endurance. The results of the study indicated that there was a significant difference between the adjusted post-test means of yogasanas group and control group on strength endurance.

Table No-II
Analysis of Covariance of the Data on Flexibility of Pre and Post Tests Scores of Yogasana Group and Control Groups

Test	Yogasana group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	18.2	17.9	Between	0.01	1	0.01	0.02
S.D.	0.21	0.24	Within	11.51	28	0.41	
Post Test							
Mean	25.7	18.2	Between	119.64	1	119.64	291.80*
S.D.	0.13	0.22	Within	11.41	28	0.41	
Adjusted Post Test							
Mean	24.9	18.1	Between	119.67	1	119.67	221.61*
			Within	14.68	27	0.54	

* Significant at .05 level of confidence.

(The table no-II value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.215 respectively)

The table no- II shows that the adjusted post-test mean values of yogasanas group and control group are 24.9 and 18.1 respectively. The obtained “f” ratio of 221.61 for adjusted post-test means is greater than the required table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on flexibility. The results of the study indicated that there was a significant difference between the adjusted post-test means of yogasanas group and control group on flexibility.

Conclusion:

On the basis of Statistical Analysis following conclusions were drawn:-

- There was a significant difference between yogasanas group and control group on selected criterion variables such as strength endurance and flexibility.
- There was a significant improvement on selected criterion variables namely strength endurance and flexibility due to yogasanas.

Yoga is the oldest known science of self-development, originated in ancient India. Yogic practice is fast gaining popularity throughout the world. Many research studies of the past report that yogic training improves the physical & mental fitness level as well as the performance

of sports persons in various sports disciplines. Different Sports required different type of fitness emphasizing on a particular fitness factors. Similarly the training varies sports discipline to sports discipline. Field training is a highly co-ordinate and well panned exercise. Generally in military this type of training is very common. In modern sports training the game-specific field training is gaining tremendous popularity, which focus on game-specific fitness as well as performance related skill factors.

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